

CNSC NEWSLETTER

March, 2010
Dan Karig, Editor

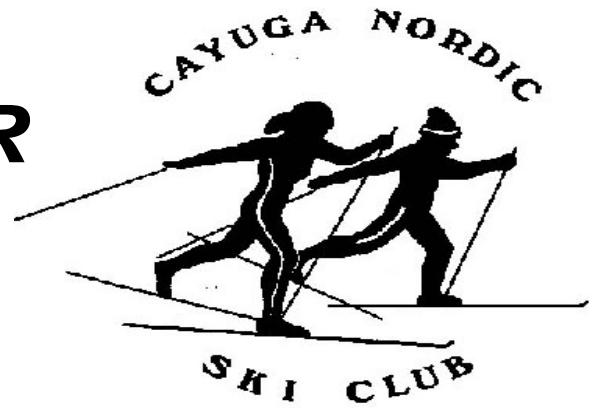
PRESIDENT'S COLUMN

Okay, it must be spring. Cris McConkey is the only person still writing ski condition reports, and I suspect he is exploring Connecticut Hill by kayak, not skis. We had a really great ski season as indicated by some of these highlights. There were lots of successful tours that were well-attended. This is attributable in large part to Kristin Schafer, who did a great job of organizing the season's tours and yanking the tour leaders' chains to get their tours publicized. It is also due to all those people who lead tours. I will specifically mention Daniel Blakely since I forgot him the last time I acknowledged the tour leaders. Thanks everybody.

Other high points were the technique clinics. LiLynn really outdid herself putting on her second annual skate clinic and Dan did his usual thorough job to get us all skiing classically. These clinics were held at the Swandrome and we are grateful to Glenn and Marcia for making their property available. We also need to remember Dan for providing his snowmobile for grooming the Swandrome. Tom Sebring, aka Mister Klister, held a great wax clinic at his house. Unfortunately, it did not work out to use the trails out the back door to test the wax jobs, but Tom and Susan generously opened their house for us to swill wine and beer, scarf down snacks, and watch Olympic Nordic racing video.

Speaking of racing, a few CNSCers were quite active this season, but I'll let Dan talk about that. One of the club's high points was the race at Hammond Hill in January. We did have a few glitches, but we'll eliminate them next time. Lots of volunteers contributed to the success of the race.

In addition to the weekend tours, there were a



Cayuga Nordic Ski Club Spring Dinner

When: April 9th, 6:00 PM (social time at 6:00, dinner at 6:30). After a brief business meeting there will be a slide presentation of Louise Adie's kayaking tours in the Antarctic

Where: Cornell Cooperative Extension, Willow Ave.

How Much: \$8.00/member. Pay upon arrival.

What \$8.00 gets you:

- A catered meal, veggie or non-veggie
- The opportunity to give us your input.

Please bring your own table service. The club will provide soft drinks, coffee, and tea.

Hope to see you there.

PLEASE RSVP BY APRIL 2nd TO:

Jack 607-5396710, jrueckheim@frontier-net.net

few weeknight events through the season that were attended by club folks. Mike Ludgate led outings on Tuesday nights and Glenn and Marcia had the Swandrome open on Thursday nights. The event series I was most involved in was the Tuesday Night Hammond Hill Races

Continued on next page

President's Column; Continued

which were not really races but felt like races. This group started several years ago and has kept going with the same core group of fairly fast skiers. This year we skied from December all the way into March, missing only a few Tuesdays. We went to Cayuta Lake for a couple of weeks and skied all over the lake and up the inlet. There was only one week when we returned with fewer skiers than when we started. Some folks would make a big deal of that, and I suppose it was for the person who never returned.

Since this is the last newsletter of the season, make sure to look for the spring dinner and meeting announcement. Read it carefully. If you go to Riley Robb Hall, as we have been doing for a while, you will be lonely and hungry. We're meeting at the Cooperative extension on Willow Ave. We have been holding club elections in the spring. Nobody really knows why, since the by-laws call for fall elections. There will be no officer elections at the spring meeting—they will be in the fall. This gives me the perfect opportunity to say that I will not be the CNSC president in November, and will be looking for someone to step in. I have had fun as president and maybe even made a couple of contributions. But its time for new blood—or at least different blood. If you think you are presidential, or know someone like Ernie who is, please let me know.

Jack Rueckheim, President

EDITOR'S NOTE

This is the last issue of the Cayuga Nordic Ski Club newsletter to have a paper component. Next year it's all electronic, BUT there are advantages. I won't have to cut and fit stuff so I end up with a multiple of 2 pages. I (assuming no one is willing to relieve me of this job) will also be able to produce high-resolution color illustrations that you will be able to download from the website-as well as the low-res version. I haven't told Marilyn that yet, but

CAYUGA NORDIC AT THE RACES

By Dan Karig

Cayuga Nordic has been represented at the races by a small but hardy bunch this year. The hardest-or nuttiest- of them all is Prez Jack, who participated in 8 races (or so I count). Among his finishes were bronze medals at both the Empire State Games and the NYSSRA-Nordic Championships. Jack also finished 9th overall in the Tourathon.

Our fastest (and youngest (believe it or not) racer was Tom Chappell, who placed well up in all his 8 finishes; a 4th overall in the Tourathon standing out in particular. Perhaps the biggest surprise was Ernie Bayles, who came out of "retirement" to produce some very good results. His highlight was a 2nd in the overall (pursuit) at the ESG's.

Of course Audrey Balander continued to win her age class in almost every race she entered and was the 3rd woman overall in the Tourathon. Mitch Collinsworth participated mostly in Ski-orienteeing races but participated in the Tourathon, where he just nipped Ernie. The Tourathon also lured Larry Lepak and Jennifer Woltjen, both of whom skied the 25k version.

I'm pretty sure that Lilyn Graves raced in the Try-It at Winona and even got a medal, and I'm sure I missed a few others-easy to do, as I didn't go to a single race this year (other than ours). I'll try to get back into the game next year but we really need a few good (younger) racers to join the group.

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Nordic Tech Tips #5

By Tom Sebring

It's a Slippery Slope...

... another in a seemingly interminable series of short takes on xc ski waxing....

Glide, whether downhill or after a healthy stride, is the payoff that makes XC skiing fun and sporty. Whether you use wax or waxless skis, your glide benefits from good wax. Glide wax is applied to the tips and tails of skis though sometimes people wax the whole ski and then remove the glide before applying kick wax to the pocket in the middle of the ski. Appropriate glide waxing will prevent most of the icing up that sometimes happens at certain temperatures. Here's the basic keys to getting good glide:

- **Ski Fit:** If the ski is too soft, the no-wax zone or the kick wax will drag on the snow slowing you down. Put your clean skis on a flat floor and stand on them as if you were skiing. With the weight equally on both feet, a piece of printer paper should slide under the central wax pocket regions. If the paper is trapped even when your weight is on both feet, the skis are too soft and will be slow (ugh!) A scientific poll finds that 83.5% of all waxless skis are too soft for efficient skiing ;=)
- **Clean Your Skis:** Hot wax using an iron and a soft (warm) glide wax. Scrape off with a steel or sharp plastic scraper while still quite warm. This will pull dirt out of the pores.
- **Brush Them:** Use a bronze or steel ski brush in the direction of travel to clean all loose wax from the structure. About 10 strokes should do it.
- **Get Rid of the Hairies:** Often the ski base has fine hairs which have been abraded loose from the surface. You can polish your clean brushed skis with Swix Fibertex or a very fine production pad...don't use the very abrasive ones...they will make hairs instead of removing them. You can polish in both directions about 15 strokes and finish with the finest pad you can find.
- **Hot Wax the Appropriate Temperature:** The wax box tells you the temperature range the wax is good for (also in fine print, usually, the temperature for the iron.) Apply liberally and melt in well (but don't overheat the base...keep the iron moving.)
- **Scrape:** Remove all the wax you can with a sharp plastic scraper. Leaving any amount on the ski will slow you down. Use a groove scraper on the groove!
- **Brush:** 10 strokes with the bronze or steel brush in the direction of travel. Ready to go.
- When you get ready to re-wax you can just clean the ski with the brush and put on the wax of the day again.
- Don't get glide wax in the no-wax fish scale zone...it's hard to remove!
- More expensive waxes are faster...there is no doubt, but a good job using even basic xc glide waxes beats any of the liquid miracle potions or the good old paraffin that the Barkeaters tout.



TOURS, TOURS AND MORE TOURS

3RD ANNUAL BREIA WEEKEND

By Tom Sebring

On the weekend of 6-7 February, Lois Chaplin and Joan Jedele successfully pulled off the 3rd annual BREIA weekend which drew some 30 or so CNSC members and friends to the bucolic beauty that is Boonville, NY. There are three major trails in the BREIA area; the first is along the towpath along the remains of the Black River Canal in the Gorge itself.

The Black River Canal has an interesting history: It was originally built to haul lumber from the Adirondacks to the Erie Canal and on to NY City for construction, took about 3 generations to build, and only operated for about 10 years before it was superseded by the railroad. There were 70 locks between Rome and Boonville and many still remain along the ski trail. See: <http://blackrivercanalmuseum.com/CanalHistory.htm>

BREIA stands for the Black River Environmental Improvement Association <http://www.breiax-countryski.org/>. They have, over the past several years developed an extensive trail system, warming huts, and do an excellent job of grooming. There is no charge for trail use, but you can make a donation in the hut at the north end of the Canal Trail.

The Jackson Hill trail system, to the west as you emerge from the Gorge was the site of the 1st days ski. The second day was at the Egypt Road trails. The thermometer in our car said 5 degrees when we arrived at Jackson Hill on Saturday morning, but Lois's in with BREIA management had resulted in freshly groomed tracks and a fire was already going in the warming hut. What service! "Hut" is a bit demeaning for the structure, as it is as nice as some houses and the big woodstove warmed it nicely in spite of the cold.

Taking off down the Serpentine Loop, we came to Telemark Hill and conditions were perfect for carving it up. There were more than a few sitzmarks distributed around the hillsides and trails as well. The trails on the east side of the hill were groomed, fast, and most of the party did these and then lunched at the warming hut. After lunch, groups went off to the Sunfield Trails which yields great views and fast tracks.

Here the snow was sparser and wind packed trails were abrasive and a bit slow. It was all the way up to 14 degrees by the time we departed!

Dinner at Lois camp that evening was remarkable...there were lots of people and even more food...It was hard to decide what to eat and harder to stop! Everything from pizza to unidentifiable vegetarian things...plenty of beer and wine for those who wanted it too. It was a good time to meet and chat with people you had seen on the trails.

The next day the group skied the Egypt Road Trails...I'll let Jack talk about that day's skiing...

"I'm not sure what everyone else did, but Jonathan, Amanda, and I launched a mission to ski the complete Great Trail. It's an out-and-back trail. I don't know the distance, but as soon as Joan said there was no way we could complete it in the two hours before the appointed leaving time of 1 PM, we set out to do so. This trail is fairly flat for maybe the first two-thirds of the distance and lends itself to double poling on fast skis, then runs into some rollers before dumping you onto Echo Lake Road. I guess my skis were running pretty well since I kept getting ahead of my partners. Approximately ten minutes from the turn-around, Amanda and Jonathan decided to turn back. I was torn between going with them and seeing if I could complete the trail by 1PM, but I pressed onward. I easily made it back to the warming hut by 1PM, even with a little detour down to the lower parking lot. After we scarfed down the remainder of Amanda's pumpkin pie, which had survived all types of horrific accidents in the past 30 hours, we all parted ways, and Amanda, Joan, and I headed home by way of Osceola, where we snuck in a bit of skating before becoming totally wiped out and wasted. Can't wait to do it again."

It's only a 2 hour drive from Ithaca to the BREIA trails, and for those who find the rustic (rusty?) Boonville a bit much, staying at the cost effective and dog friendly Beeches Hotel in Rome and eating at the Savoy Restaurant is a nice alternative for winter weekends when Lois isn't hosting! We all look forward to this trip again next winter!



A small fraction of the large percentage of the club members who journeyed to the BREIA trails this February

FINGER LAKES N.F. TOUR

By Jonathan Bernstein

Three, count em, three outdoor clubs converged on the Wildlife Ponds of the Finger Lakes National Forest, at 10:15 Saturday, February 20th, in a miracle of coordination, and all twenty four skiers managed to navigate past each other on a single ski trail without having to send for the Hector Rescue Squad! We had the benefit of plenty of fresh snow, air temps in the lower 30's and light wind.

Maybe it was the prospect of beers at the Old H&E in Burdett, or just a dogged determination to slog through the forest, but almost all 14 who started the tour finished it intact after 7-8 miles of nice, flat runs on the Interloken and Burnt Hill Trails. Lapsed time was about 3 1/2 hrs. Marsha Zgola, our ever-thoughtful sweep and co-leader, tried to clear the trail with a prized pole from Osceola and left its basket somewhere north of the rather windy heifer pasture. There weren't any heifers out there, and there wasn't much snow either, so Marsha found the icy spots and fell on them to share her boundless enthusiasm for life...(Apparently she hadn't paid Jack R. off for having skied across Foster Pond on a bet on the last trip up there, so somebody was getting even.) Ever resourceful, Marsha pulled out her salmon sandwich, wolfed it down and polished off I am told a substantial number of peanut butter cups for good measure. I'm not sure if she

bothered to take the foil wrappers off, either...

We did the Ponds, Foster Pond, the Interloken south past Matthews Rd. to its intersection with the Burnt Hill Trail, the Burnt Hill north to Picnic Area to hook up again with the Interloken and its connector across Potomac Rd to the Potomac Pond Campground loop. The boards (aka puncheon bridges) were pretty decent. Some sleds had chewed up the curves on the Burnt Hill, which now needs more snow to recover.

We all need more snow to recover as well. The beers at the H&E never quite materialized, as the group went off in every which way afterwards, so maybe if you visit the H&E sometime soon you'll try one of those imaginary beers and report back your findings.

BEAR SWAMP TOUR

By Kristin Schafer, Ski Tour Coordinator

Great Fun, Magical, and Unprecedented is what I said in my very short report of the ski tour at Bear Swamp State Forest on Feb 27th. To expand on this a little:

“Great Fun” goes without saying. When you have 18 people converge to ski at a fantastic location in two feet of new snow, you can’t really go wrong. We can each count ourselves lucky that we had 17 of our friends join us to play outside. Our fearless leader Scott Lauffer invited the Triple Cities Hiking club to come along, and the TCHC was represented by Scott and myself (both with dual memberships in CNSC and TCHC) as well as Matt Rose and Jason Brenno. The rest were mostly CNSC members or potential members who lurk on the email list (whom we urge to pay your 5 bucks and join! It is well worth it). I will try to remember names: Marilyn, Susan, Cindy, Joan, Ton, Jack, Bruce, Max, Lois, Gretchen, Michael, Edith, Marion and Dave. Sorry for any mis-spellings! Also joining us for less than a minute was Jonathan Bernstein who arrived after the group started out and skied on his own for about 3 hours, at some point meeting up with two women and their dog (not with our group). After skiing, many of us made the short drive over to the Colonial Lodge where we ate fish sandwiches and rubbed shoulders with the snowmobiling crowd. As Marilyn pointed out, it was easy to distinguish one group from the other!

“Magical” describes the beautiful snow-covered forest, a veritable Winter Wonderland.

“Unprecedented”? Well that refers to the trail grooming conga line that formed. A number of hardy souls, I don’t know exactly who as

I smartly “swept” rather than “led”, took turns breaking trail through many of the untracked areas. These forerunners included many of the fastest skiers who normally leave the rest of us tortoises far far behind. As someone said, the big snow was “The Great Equalizer”, as about an hour into the tour all of us ended up back in a group and for the next few hours we all skied together. Considering who was on the tour, THAT was unprecedented, as in my experience with some members (and you know who you are) the only time I see them is to say “hi” at the beginning and maybe “bye” at the end if their time looping the trail twice coincides with my once around.



The conga line blazing the trail

Anyway it’s been a successful season of skiing, thanks to everyone who volunteered to organize and lead tours. All scheduled events went off without a hitch except for one, the Lloyd Stark Loop tour, needing to be rescheduled to March 6th due to lack of snow on January 30th. Anyone who wants to can lead a tour! So think about one or two that YOU would like to lead next winter.

LLOYD STARK LOOP TOUR

By Dave Gislason

Thirteen people, and two dogs turned out for Saturday's tour of the Lloyd Stark Loop. This included Cris McConkey, who started his maxi-tour at the end of Tower Rd. at 8AM., skiing across Connecticut Hill to meet us at 10:30. It was a beautiful cloudless, sunny day with temperatures ranging from high 20's to perhaps 40. Joan Jedele, my co-leader and I had both hoped for enough warmth to soften the crust, and we got it. Wax or no-wax, though, it was a tricky day. Early on, one skier, on old worn wax-less skis, had slipping problems and she and her friend opted to hang back and were able to

do a good part of the east side on their own, with the help of some purple wax and a slower pace. The rest of us had forged ahead, skiing the 15 minute up-hill through the woods that takes you up to the ridge of

Rowell Hill East. Again, some slipping for both a waxless and waxable skier. Carl Wharton set the waxer aright with the proper red wax. Joan and the wax-less skier took a shortened version of the east side, taking Lloyd Stark Rd. back the parking area.

The remaining 9 of the main group skied on into the sun and warm snow. Henceforth, (having not taken my own advice to ski wax-less) I think I had the most problems with my (not so) "universal" klister that was caking up as the day got warmer. Still, the field viewpoints were excellent with long views to the north, east and south.



The downhills were slower in the warm snow, but thank god, not icy and treacherous! We did the extra mile of "orange" trails that parallel Carter creek at two levels. Joan rejoined us at the top of this loop and we all proceeded down the final part of the west side. We finished on a new ending for the west side which crosses a narrow pond with a western view of Hulford Hill, up slightly into a campground area, and through the woods directly to the parking corner. With the melting, this may have been the last day to ski this route.

Some of the group headed home, and some to have pizza in Trumansburg. Cindy Mallery

ferried Carl Wharton, Cris McConkey and me up to the corner of Boylan and Hulford Rds. so we could do the 20 minute, mostly downhill connector between Hulford and Lloyd Stark Rd.

All in all, a beautiful day, and I hope, a suc-

cessful end to the official club touring season!